



CITY OF TORRANCE

# 5-0 AND ON THE GO!

PROMOTING FITNESS, FUN, AND FRIENDSHIPS  
November & December 2021

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## **Back this Year:**

# **HOLIDAY ARTS & CRAFTS SALE**

## **Saturday, November 6, 2021**

*See page 5 for details!*



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## **WHAT'S INSIDE?**

**BARTLETT WHAT TO EXPECT**  
**COMMISSION ON AGING; EXERCISE CLASSES RESUME - PG. 3**  
**STAY CONNECTED ONLINE- PG.4**  
**HOLIDAY ARTS AND CRAFTS SALE- PG. 5**  
**WORD SEARCH- PG. 6**  
**BARTLETT LUNCH MENU- PGS. 7-8**

**PARTICIPANT WAIVER REQUIRED TO ENTER PROGRAM/ CENTER PGS.9-11**



City of Torrance Community Services Department \* RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 \* 310-320-5918 \* [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
"Creating and Enriching Community through People, Programs and Partnerships"



# **WHAT TO EXPECT WHEN YOU RETURN TO THE BARTLETT SENIOR CENTER**

- **Reservation required for lunch service**
- **Masks are required indoors**  
(exception: while eating)
- **Must check-in at the front desk**
- **Signed waiver required prior to entering**  
(available on pgs. 9-11)

## **SENIOR COVID-19 INFO HOTLINE (310) 320-5918**

Call for information about resources for seniors or if you have any questions about what Torrance is doing for seniors.

**Continue to check our webpage for announcements**  
**[www.torranceca.gov/our-city/recreation/seniors](http://www.torranceca.gov/our-city/recreation/seniors)**

### **Coming Soon to Bartlett Center . . .**

OLEF Optimum Life Educational Foundation Classes

Free Computer Training at Bartlett Center

Free Movies at Bartlett Center

Ceramics Workshop

Call 310 320-5918 for more information!

# **Commission on Aging**

The Commission deals with the needs and issues confronting senior citizens in the community and provides a voice for senior citizens as a community group.

**The Commission meets the 1st Tuesday of the month at 9:30 AM**

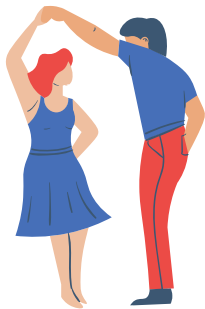
(except June and December)

**Join the Commission on Aging in the West**

**Annex Commission Room of City Hall.**

**3031 Torrance Blvd.**

We invite all seniors to join, to get updated information on what's happening in your community.



## **TUSD Exercise Classes Cardio Salsa**

10/15/21 - 12/3/21

Fridays 9:30AM - 12:10PM

at Ken Miller Recreation Center

No Classes these days:

October 22, 2021; November 19, 2021; November 26, 2021; December 10, 2021



**Contact Torrance Adult School for class information**  
**Co-Sponsored by Torrance Adult School (310) 533-4689**

## **BARTLETT CENTER'S LAPIDARY WORKSHOP**

The Lapidary workshop is open every Monday, Wednesday, and Thursday morning from 9:30a.m. to 12noon. Lapidary is the practice of shaping stone, minerals, or gemstones into decorative items such as cabochons, engraved gems, and faceted designs. Safety glasses or goggles are required. Participants must wear face coverings and remain 6 feet from other participants at all times (face coverings with one-way valves are not permitted). Fee: \$2.00 Please call Bartlett Center at 310-320-5918 for more information.



# STAY CONNECTED ONLINE

Please note: Online programming may be cancelled or rescheduled at any time.

Please check our webpage for current information: <https://www.torranceca.gov/our-city/recreation/seniors>



**TUESDAYS at 10:30AM**

Join us weekly ONLINE for a fun game of bridge.

**To join Bridge Club  
contact (310) 320-5918.**

*Instructions & a link will be sent to you.*

**TUESDAYS at 2:00PM**

## BINGO!

**November 2, 16 & 30**

**December 14 & 28**

Join ZOOM meeting: <https://zoom.us/j/95169332388?pwd=QU80STdGSi9Pb2xackFybE1SNlV1UT09>

**Meeting ID: 951 6933 2388**

**Passcode: GAME**



**November 9 & 23**

**December 7 & 21**

## Conversations Worth Having!

The following  
**WEDNESDAYS at 1:30PM**

**November 3**

**December 1**

Join Zoom Meeting: <https://zoom.us/j/98080242993?pwd=djI4K1Vubm9VeVh1UytpWHVWbXZiZz09>

**Meeting ID: 980 8024 2993**

**Passcode: 530633**

**First and Third Thursdays at 2:00PM**



## WHEEL-LESS OF FORTUNE



Join Zoom Meeting: <https://zoom.us/j/94637847482?pwd=ekdYMnJqeWJZWJJCWTVMUWZmZTFHZZ09>

**Meeting ID: 946 3784 7482**

**Passcode: 2021**

**Need help? Call Bartlett Center at (310) 320-5918 for staff assistance.  
ZOOM links and Bingo cards can be emailed to you.**



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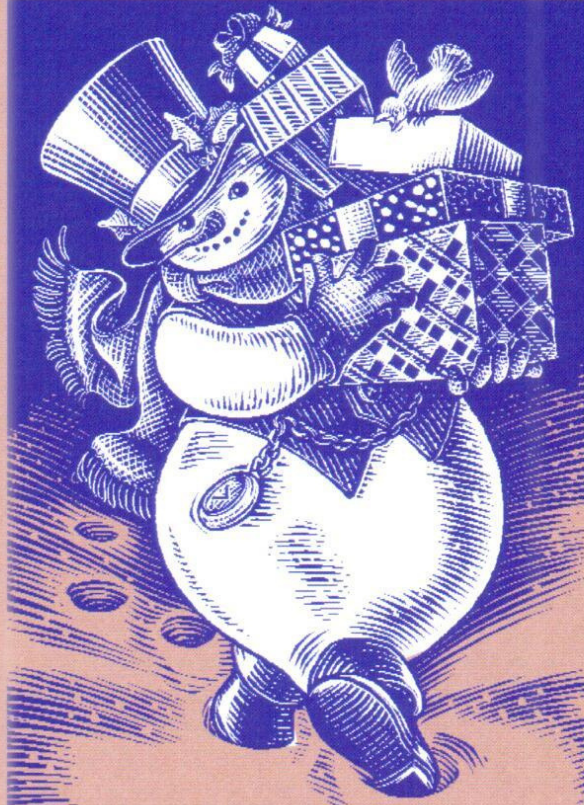


Free admission!

You are invited to do your holiday shopping at our

# SENIOR CITIZENS HOLIDAY

Find that  
one-of-a-kind  
gift item  
for the  
holidays!



All items  
for sale are  
hand-crafted  
by  
Senior  
Citizens!

## Arts & Crafts Sale

SATURDAY, NOVEMBER 6, 2021

9:30 a.m. to 2:30 p.m.

KEN MILLER RECREATION CENTER

3341 Torrance Blvd.

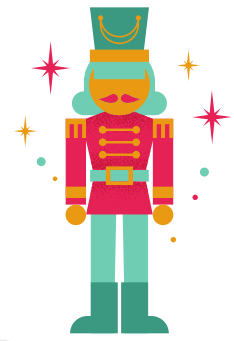


"Creating and Enriching Community through People, Programs and Partnerships"

Printed on Recycled Paper

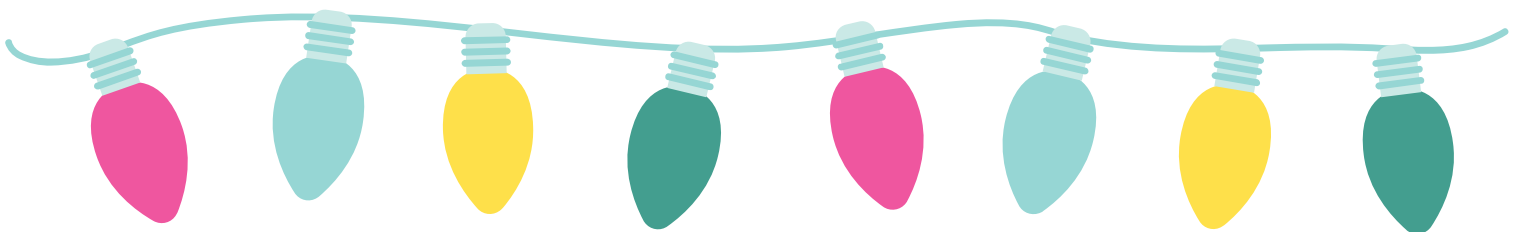
# Word Search

## Holiday Fun



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| F | A | E | C | T | O | G | F | M | S | E | T | E | M |
| A | E | I | G | H | U | J | O | Y | E | G | G | C | M |
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| I | K | R | L | C | G | M | K | I | L | N | S | E | N |
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GINGERBREAD  
REINDEER  
SNOWMAN  
GRANDPA  
ELVES  
CHIMNEY  
NUTCRACKER  
MENORAH  
KINARA  
TOBOGGAN  
FAMILY  
YULELOG  
JOY  
STOCKING  
CRANBERRIES  
MISTLETOE  
EGGNOG  
FRIENDS  
DREIDEL  
PEACE  
WREATH  
TURKEY  
GRINCH





# Bartlett Café

Bartlett Senior Citizens Center Lunch Program ~ November 1 - 26, 2021

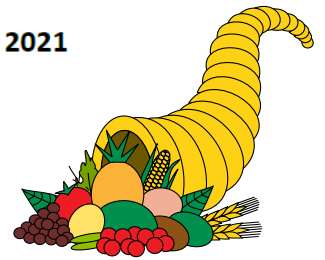
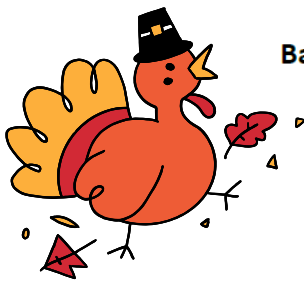
1318 Cravens Avenue, Torrance

11:30a.m.

\$3.00 per lunch; Coffee 50¢ (free refills)

RESERVATIONS REQUIRED.

FOR RESERVATIONS, PLEASE CALL: 310-320-5918



| Monday, Nov. 1   | Tuesday, Nov. 2  | Wednesday, Nov. 3   | Thursday, Nov. 4  | Friday, Nov. 5  |
|--|--|---|---|---|
| Tuna Melt<br>on Rye<br>Potato Salad<br>Sun Chips®<br>Dessert                               | Chicken & Vegetable<br>Stir-Fry<br>Steamed Rice<br>Dessert   | Pork Chop<br>Mashed Potatoes<br>Peas & Carrots<br>Dinner Roll<br>Birthday Cake  | Baked Chicken<br>Mashed Potatoes<br>Vegetable<br>Dessert  | Oven Fried Fish<br>Potatoes au Gratin<br>Vegetable<br>Dessert   |
| Monday, Nov. 8   | Tuesday, Nov. 9  | Wednesday, Nov. 10  | Thursday, Nov. 11   | Friday, Nov. 12   |
| Shrimp Scampi<br>Angel Hair Pasta<br>Green Salad<br>Garlic-Cheese Bread<br>Dessert         | BBQ Chicken<br>Potato Salad<br>Vegetable<br>Dessert          | Beef Stew<br>Carrot-<br>Raisin Salad<br>Cornbread<br>Dessert  | Veteran's Day<br>Bartlett Center<br>is Closed<br>                           | Grilled ¼ lb.<br>Chili Dog<br>Potato Salad<br>Fritos®<br>Dessert  |
| Monday, Nov. 15  | Tuesday, Nov. 16   | Wednesday, Nov. 17  | Thursday, Nov. 18   | Friday, Nov. 19   |
| Bacon, Spinach,<br>& Cheese Quiche<br>Hash Browns<br>English Muffin<br>w/ Jam<br>Dessert   | Swedish Meatballs<br>Noodles<br>Vegetable<br>Dessert         | <b>Brown Bag<br/>Wednesday</b><br><br><b>Bring Your<br/>Own Lunch!</b> | Turkey & Dressing<br>Mashed Potatoes<br>Green Beans<br>Almandine<br>Cranberry Sauce<br>Dinner Roll<br>Pumpkin Pie<br>\$5.00                                     | <b>Chef's<br/>Choice<br/>Day!</b><br>        |
| Monday, Nov. 22  | Tuesday, Nov. 23   | Wednesday, Nov. 24  | Thursday, Nov. 25   | Friday, Nov. 26   |
| Spaghetti w/<br>Meatballs<br>Green Salad<br>Garlic-Cheese Toast<br>Neapolitan<br>Ice Cream | Ritzy<br>Baked Chicken<br>Rice Pilaf<br>Vegetable<br>Dessert | Sloppy Joes<br>Cole Slaw<br>Potato Chips<br>Vegetable<br>Dessert  | HAPPY<br>THANKSGIVING!<br><br>BARTLETT CENTER IS<br>CLOSED FOR THE HOLIDAY | <b>BARTLETT<br/>CENTER<br/>IS CLOSED</b><br> |



# Bartlett Café

Bartlett Senior Citizens Center Lunch Program ~ November 29—December 31, 2021

1318 Cravens Avenue, Torrance

11:30AM

\$3.00 per lunch

Coffee 50¢ (free refills)

RESERVATIONS REQUIRED.

FOR RESERVATIONS, PLEASE CALL: 310-320-5918



| Monday, Nov. 29   | Tuesday, Nov. 30   | Wednesday, Dec. 1   | Thursday, Dec. 2   | Friday, Dec. 3   |
|---|--|---|--|--|
| Shredded Beef Tacos<br>Spanish Rice<br>Refried Beans<br>Vanilla Pudding | Parmesan Fish Linguini w/<br>Garlic Sauce<br>Broccoli<br>Garlic Bread<br>Dessert | BBQ Chicken<br>Peas & Carrots<br>Potato Salad<br>Dinner Roll<br>Birthday Cake | Beef Stroganoff on Noodles<br>Vegetable<br>Dessert   | Chef Salad<br>Croissant<br>Dessert   |
| Monday, Dec. 6  | Tuesday, Dec. 7  | Wednesday, Dec. 8   | Thursday, Dec. 9   | Friday, Dec. 10  |
| Beef Taco Salad w/ Guacamole<br>Chips<br>Dessert                        | Pizza<br>Green Salad<br>Garlic-Cheese Toast<br>Dessert                           | Baked Ham<br>Sweet Potatoes<br>Peas & Carrots<br>Dinner Roll<br>Dessert       | Herbed Baked Fish<br>Rice Pilaf<br>Vegetable<br>Dessert  | Patty Melt on Rye<br>Coleslaw<br>Chips<br>Dessert  |
| Monday, Dec. 13   | Tuesday, Dec. 14   | Wednesday, Dec. 15  | Thursday, Dec. 16  | Friday, Dec. 17  |
| Soup du Jour<br>½ Sandwich<br>Cheez-It® Crackers<br>Dessert             | Meatloaf<br>Mashed Potatoes<br>Vegetable<br>Ice Cream                            | Chicken Soft Taco<br>Spanish Rice<br>Refried Beans<br>Dessert                 | Brown Bag Thursday<br><br>Bring Your Own Lunch! | <b>Special Holiday Luncheon</b><br>Roast Beef<br>Mashed Potatoes<br>Praline<br>Sweet Potatoes<br>Creamed Spinach<br>Holiday Desert<br>\$7.00 |
| Monday, Dec. 20   | Tuesday, Dec. 21   | Wednesday, Dec. 22  | Thursday, Dec. 23  | Friday, Dec. 24  |
| Macaroni & Cheese w/ Smoked Sausage<br>Pea Salad<br>Dessert             | Beef Stroganoff on Noodles<br>Vegetable<br>Dessert                               | Soup du Jour<br>½ Tuna Sandwich<br>Fritos®<br>Dessert                         | Beef & Bean Burrito<br>Spanish Rice<br>Refried Beans<br>Dessert  | Happy Holidays!<br>Bartlett is Closed!   |
| Monday, Dec. 27   | Tuesday, Dec. 28   | Wednesday, Dec. 29  | Thursday, Dec. 30  | Friday, Dec. 31  |
| Baked Chicken<br>Mashed Potatoes<br>Vegetable<br>Dessert                | Spaghetti w/ Italian Sausage<br>Green Salad<br>Garlic-Cheese Toast<br>Dessert    | Pork Chile Verde<br>Spanish Rice<br>Refried Beans<br>Dessert                  | Baked Fish w/ Lemon Sauce<br>Red Potatoes<br>Vegetable<br>Dessert  | Happy New Year!<br>Bartlett is Closed!<br>              |



**PARTICIPANT WAIVER FOR CITY OF TORRANCE COMMUNITY SERVICES PROGRAMS  
COVID-19 AND PARTICIPATION RELEASE AND WAIVER AGREEMENT**

**Name of Participant:** \_\_\_\_\_ (the “Participant”)

**Name of Program:** **Senior Center Programs (Bartlett, Tillim, Walteria, Rec Center)** (the “Program”)

PARTICIPANT: READ THIS DOCUMENT CAREFULLY BEFORE AGREEING TO ITS TERMS. THIS DOCUMENT MAY AFFECT YOUR LEGAL RIGHTS AND MAY ELIMINATE YOUR ABILITY TO BRING LAWSUITS IN THE FUTURE IF YOU OR YOUR FAMILY BECOME SICK OR INJURED DURING OR AFTER PARTICIPATING IN THIS PROGRAM. YOU MAY WANT TO CONSULT A LAWYER BEFORE SIGNING THIS AGREEMENT. BY SIGNING THIS AGREEMENT, YOU ARE ACKNOWLEDGING THAT YOU HAVE REVIEWED, UNDERSTOOD AND AGREED TO THE TERMS BELOW, AND THAT YOU HAVE HAD THE OPPORTUNITY TO CONSULT WITH A LAWYER OF YOUR CHOICE REGARDING ITS TERMS.

**Preamble** In return for the Participant being allowed to enter and remain in the Program and to participate in activities in connection with the Program, the Participant, and their Related Persons (as defined below), consent and agree to the following terms. As used in this Agreement, the term “**Related Persons**” shall mean the Participant’s heirs, assigns, executors, administrators, next of kin and other persons acting or claiming to act on their behalf.

**1. Acknowledgment of COVID-19 Risks.** The participant understands that (a) the novel coronavirus SARS-CoV-2 and any resulting disease (together with any mutation, adaptation or variation thereof, “**COVID-19**”) is extremely contagious and there is an inherent risk of exposure to COVID-19 in any place where people are present; (b) no precautions, including the protocols that will be implemented at the Program, (collectively, the “**COVID-19 Protocols**”), can eliminate the risk of exposure to COVID-19; (c) people of all ages and health conditions, including healthy young people, have been adversely affected by COVID-19; (d) certain people have been identified by public health authorities as having greater risk based on their age or underlying medical conditions; and (e) exposure to COVID-19 can result in being subject to quarantine requirements, illness, disability, and other short-term and long-term health effects, including death, regardless of a person’s age or health condition. The Participant also acknowledges that the COVID-19 Protocols may prove inadequate to prevent the exposure and transmission of COVID-19 and that it is possible that from time to time persons present at the Program or at any locations in which the Program may be held, may not comply fully with the COVID-19 Protocols. The Participant understands that the implementation of the COVID-19 Protocols does not guarantee that Participant will not be exposed to or contract COVID-19 as a result of their attendance in the Program or pass COVID-19 on to others, including other family members of Participant. The Participant understands and knowingly and voluntarily assumes all risks related to traveling to and from, and participating in the Program. Those risks may include an increased risk of exposure to illness (including, but not limited to, COVID -19), personal injury, disability, and other short-term or long-term health effects including death, which might result not only from Participant’s own actions, inactions or negligence, but from the actions, inactions or negligence of any of the Released Parties (as defined below). The Participant accepts that they have personal responsibility for any and all costs and expenses, damages, liability, and other losses that Participant, or any Related Persons may incur in connection with the risks described above.

**2. Acknowledgement of Program Participation Risks.** There are inherent risks that come with participating in the Program. Inherent risks are risks that cannot be eliminated completely regardless of the care and precautions taken. The Participant understands and acknowledges that any risks could cause injuries that may be minor (for example, scrapes, bruises, sprains, nausea, cuts), serious (for example, property loss or damage, broken bones, fractures), or catastrophic (for example, rare occurrences of permanent disabilities or death). The Participant accepts that they have personal responsibility for any and all costs and expenses, damages, liability, and other losses that Participant, or any Related Persons may incur in connection with the risks described above.

**3. Acknowledgements.** The Participant acknowledges that the following statements are true and accurate and that no Released Parties (as defined in paragraph 4 below) can be held responsible in any way if they are not: (i) Participant has consulted with Participant's own doctor to ensure that their participation in the Program will not pose any unusual risks to his health and well-being, (ii) Participant is in good condition physically and has not been advised or cautioned against participation in the Program by their doctor or any other medical practitioner, (iii) Participant is covered by medical insurance, (iv) Participant has read the attached Program rules and understands the rules. Participant authorizes the Released Parties to secure emergency medical care or transportation (i.e., EMS) for Participant when deemed necessary by the Released Parties at the sole cost of Participant.

**4. Release, Waiver and Covenant Not To Sue.** For purposes of this Agreement, (i) the term **"Released Parties"** shall mean the CITY, the City Council and each member thereof, present and future, and every officer, agent and employee of the CITY and every member of its boards and commissions, and (ii) the term **"Claims"** shall mean any and all liability, lawsuits, causes of action and claims for damages, costs or expenses, whether past, present or future, and whether known or unknown.

Participant on their own behalf, and on behalf of their Related Persons, hereby knowingly, voluntarily and irrevocably and forever release, waive and discharge (and covenant not to sue), each and all of the Released Parties from (or with respect to), all Claims, including, but not limited to, Claims arising out of or in connection with my death, personal injury, illness, disability, suffering of short-term or long-term health effects, or loss of or damage to property, which Participant and any Related Persons may have or hereafter accrue against any of the Released Parties as a result of or that relate in any way to (i) Participant's exposure to COVID-19; (ii) Participant's attendance at the Program and participation in activities at or related to the Program; (iii) Participant's travel to or presence at the Program, or at any location to which he may travel in connection with the Program; or (iv) any of the risks identified above in paragraphs 1 and 2 of this Agreement. Participant understands that this release, waiver and covenant not to sue includes any Claims based on the negligence, action or inaction of any of the Released Parties and covers Claims of any sort, whether suffered before, during or after Participant's participation in the Program.

Participant recognizes and agrees that this release and waiver of liability is a full, general and final release and waiver of all Released Claims. Participant further acknowledges that Participant has read Section 1542 of the Civil Code of the State of California, which currently provides as follows:

A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS THAT THE CREDITOR OR RELEASING PARTY DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE AND THAT, IF KNOWN BY HIM OR HER, WOULD HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR OR RELEASED PARTY.

Participant understands that, pursuant to Section 1542, Participant has the right not to release existing claims of which Participant is not now aware, unless Participant voluntarily chooses to waive this right. Even though Participant acknowledges that Participant is aware of such right, by signing below, Participant nevertheless hereby voluntarily waives such rights and elects to assume all risks for claims that now exist in Participant's favor, known or unknown, arising from the subject matter of the waiver of liability and release set forth herein.

**5. Dispute Resolution.** Participant agrees to engage in good faith efforts to mediate any dispute that might arise concerning this Agreement. Any agreement reached will be formalized by a written contractual agreement at that time. Should the dispute not be resolved by mediation, Participant agrees that all disputes, controversies, or claims arising out of or related to Participant's participation in the Program shall be submitted to binding arbitration in accordance with the applicable rules of the American Arbitration Association then in effect. The cost of such action shall be shared equally by the parties. Participant further agrees that the arbitrability of any dispute, controversy, or claim arising out of Participant's participation in the Program will be submitted to an arbitrator in accordance with

the applicable rules of the American Arbitration Association then in effect. The Arbitration Rules of the American Arbitration Association are available on-line at [www.adr.org](http://www.adr.org).

**6. Class Action Waiver.** Participant agrees that all claims against any Released Person arising out of Participant's participation in the Program must be pursued on an individual basis only. By signing this Agreement, Participant waives any right to commence, or be a party to, any class action, or any other sort of collective claims against the Released Parties.

**7. Governing Law.** Participant agrees that this Agreement shall be governed by the laws of the State of California without regard to choice of law principles.

**8. Severability.** Participant agrees that if any part of this Agreement is declared illegal, unenforceable or ineffective to any extent, that part of the Agreement shall be modified, if possible, in order to achieve the intentions of the parties, and, if necessary, that part of the Agreement shall be severed from the rest of the Agreement, so that all of the other provisions contained in this Agreement shall remain valid and binding.

THE WAIVERS AND RELEASES GRANTED BY PARTICIPANT HEREUNDER ARE LEGALLY BINDING AND SHALL BE CONSIDERED IRREVOCABLE. PARTICIPANT AGREES THAT THE ORGANIZERS MAY RELY UPON THIS AGREEMENT TO THE FULLEST EXTENT PERMISSIBLE AT LAW OR IN EQUITY.

**PARTICIPANT MUST COMPLETE: I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS AGREEMENT.** I understand its terms, including that I am giving up substantial legal rights. I understand that this Agreement is a material inducement for Participant's admission to and continued participation in the Program and that the Program Organizers and the other Released Parties are relying upon it. I also agree that no promises, statements or inducements contrary to anything contained in this Agreement have been made by any of the Released Parties. I acknowledge that I have had the opportunity to seek legal advice regarding this Agreement from a lawyer of my choice.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**You can bring this signed form to the program or  
we will have waivers available to you when you check-in.**



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# CITY OF TORRANCE

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**Community Services Department**  
3031 Torrance Boulevard  
Torrance, CA 90509-2970

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